



Thai Green Style Chicken Curry

with Baby Spinach and Fragrant Jasmine Rice

Rapid 20 Minutes • Mild Spice

16



Jasmine Rice



Garlic Clove



Thai Green Curry Paste



Coconut Milk



Chicken Stock Paste



Diced Chicken Thigh



Lime



Baby Spinach



Chilli Flakes



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and fine grater.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Thai Green Curry Paste	45g	68g	90g
Coconut Milk	200ml	300ml	400ml
Chicken Stock Paste	10g	15g	20g
Diced Chicken Thigh**	260g	390g	520g
Lime**	1	1	1
Baby Spinach**	40g	100g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Diced Chicken Breast**	260g	390g	520g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	398g	100g	398g	100g
Energy (kJ/kcal)	3097/740	779/186	2836/678	713/170
Fat (g)	36.2	9.1	26.0	6.5
Sat. Fat (g)	23.3	5.9	20.3	5.1
Carbohydrate (g)	69.6	17.5	69.3	17.4
Sugars (g)	3.9	1.0	3.9	1.0
Protein (g)	38.6	9.7	41.4	10.4
Salt (g)	2.31	0.58	2.24	0.56

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

2



Bring on the Flavour

- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **Thai green curry paste** and **garlic**. Stir-fry until fragrant, 30 secs.
- Stir in the **coconut milk** and **chicken stock paste**.

3



Poach the Chicken

- Add the **diced chicken** to the pan and bring to the boil, then lower the heat.
- Simmer until the **chicken** is cooked and the **sauce** has thickened, 10-12 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.

4



Prep the Lime

- Meanwhile, zest and halve the **lime**.

5



Add the Spinach

- Once the **chicken** is cooked and the **sauce** has thickened, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.
- Squeeze in some **lime juice**. Add a splash of **water** if it's a little thick.
- Taste and season with **salt, pepper** and more **lime juice** if needed, then remove from the heat.

6



Finish and Serve

- When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.
- Share the **zesty rice** between your bowls and spoon over the **Thai style chicken curry**.
- Sprinkle over the **chilli flakes** (add less if you'd prefer things milder) to finish.
- Cut any remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!